

## Wellness Program Report December 2017

- CRC fitness room usage: 24 individuals; 163 uses
- Updated wellness webpage
- Feel Like a Million campaign maintenance
- Completed billing for Aetna wellness
- Attended fitness classes throughout district
- Held health fair
  - 350 attended health fair
- Held wellness crafts at schools
  - Woodside
  - Cedar Wood
  - North
- Attended maintenance and custodial meetings
- Attended Weight Watchers programs at 3 sites
- Held Flu clinics at
  - Custodial meeting
  - Evergreen
- Attended Live Healthy 2020 Workplace Wellness accelerator group meetings